/11 cont./

§53 of white education or medical prescription, try to regulate the feeding of their children, but they break the rule frequently, lengthening or shortening the interval in accordance with the [805] appetite of the child and guiding themselves by the position of the sun.

The child has his first meal of the day approximately at three o'clock in the morning, the time that the Guajiro begins [52] his daily work, the last meal at bedtime. At this latter meal the child nurses until, either satiated or sleeping, he lets go of his mother's breast. However, every Guajiro mother habitually feeds her child during the night if he wakes up and cries.

The mother feeds her child herself unless abnormal circumstances prevent this. If the milk completely satisfies the child in quantity and quality, the mother does not add other food, nor does she substitute it during the first six to eight months. From then onward she adds to his diet thin corn mazamorra with 862 a little milk, preferably goat's milk, oat soup, milk, and, much later, cheese and meat. If the mother's milk begins to fail soon after the child's birth, she endeavors to supplement this lack by other suitable food such as sweetened mazamorra or simple dishes of rice meal, mixed with goat's milk, later this same milk alone, until she gradually weans her child to adult food, going through the process just outlined. She also tries to reserve her own milk to give to the child during the night and so avoid having to prepare food during the hours of rest. The first meal at dawn, however, may be a prepared one, as the Guajiro mother, as we have already stated, is an early riser in order to take advantage of the cooler hours of the day to do her work. Before weaning, if the mother's milk supply keeps up, the child learns to eat other foods such as cow's milk and goats milk, corn griddlecake, bread -- if it is to be had, mazamorra, and fruit such as the iguaraya, mamoncillo /honey berry/, olive, and mango. When the child begins to sit up, the mother holds him in her arms during mealtime and gives him bites of food. The child learns to want and ask for food. Thus once he is weaned,